

# Bullthistle Bulletin



A Publication Of The Chenango County  
Area Agency On Aging  
Norwich • New York • 13815

VOL. 14, No. 5 SEPTEMBER-OCTOBER 2013

## The Brain Game ... "Go Fish"

By GRACE FULLER

Registered Dietitian, Area  
Agency on Aging

Most of us have this notion that as we age we should automatically expect some level of memory loss or reduced mental sharpness. The medical experts have noted, however that the brain is like any other organ in the human body. We can protect it and we can hurt it by the lifestyle choices we make from day to day. Over the course of time, the brain can experience reduced blood flow, inflammation, excessive alcohol, oxidative damage and simple lack of use and stimulation. All of these can have a negative impact on our brain. In an effort to preserve our memory as well

as our cognitive skills, it is critical to reduce or delay the above-mentioned problems.

There are specific nutritional changes you can make:

**Eat a low fat diet:** A daily intake that is low in fat, especially saturated (animal) fat, can reduce the chances of fatty plaque deposits on the walls of the blood vessels. This can lead to hardening of the arteries—better known as atherosclerosis. In severe cases, blood flow to the brain can actually shut off, causing a stroke. In less serious cases where blood flow is hindered, there is reduced oxygen and nutrients reaching our brain cells, ultimately challenging our optimal brain function.

The omega-3-fatty acids found in foods such as fish, flax seeds, canola oil and leafy green vegetables are our friends. Make them part of your daily intake as they are beneficial to the brain. These “healthy” fats not only are critical in early development of the brain and the eyes, but they also help in preventing inflammation, which is one of the possible troublemakers in Alzheimer’s disease. It appears that low blood levels of omega-3-fatty acids have been associated with depression and increased risk of Alzheimer’s disease.

Monounsaturated fats are getting great marks when it comes to protecting the brain. These fats are abundant in olive oil, canola oil, nuts, seeds and

avocados. Research so far on the affects of diet on our cognitive (brain) function has bear results that support the benefits of monounsaturated fats in the battle against brain function impairment.

Include the B vitamin family of Folic Acid, B6 and B12, as the prevalence of these B vitamins seems to help keep homocysteine levels under control. Homocysteine, a by-product of protein digestion, seems to increase the risk of heart attacks and strokes and has been connected with impaired cognitive function as well as incidence of Alzheimer’s disease. An excellent way to obtain a wide array of B vitamins is to include deep green leafy vegetables in one’s weekly eating.

Antioxidants can provide protection to our brain cells. Vitamins C and E, in particular, help the brain fight the free radicals that are the ordinary by-products of daily body functions. These free radicals, in excessive amounts, can damage all body cells. Although this is still in the early stages of research, it has been suggested that vitamin E might actually delay the progression of functional decline in people with moderate to advance stages of Alzheimer’s disease. Vitamin E and C supplements have been shown to protect against vascular dementia, which is the loss of normal brain function, as a result of hardening of the arteries.

In addition to the nutritional impact from what

we eat on the brain, it is also important to increase one’s activity level or to maintain as active a lifestyle as one is physically able. Challenge the brain with games, puzzles, arts and crafts, books, and such. Do your routine activities in reverse order—shut off that automatic pilot from time to time. We have all heard the popular saying, “Use it or lose it!”

In summary, we must nourish our brain well in order for it to stay healthy and sharp. Eat a daily diet that is limited in overall fats, in particular, animal fats. Choose to flavor with herbs, spices, light fruity or vinegary sauces rather than spreading butter or margarine or resort-

CONTINUED ON PAGE 2



On Wednesday August 14, 2013 at the Morrisville State College Norwich Campus, a Medicare Basics Training for professionals and Community Members was held.

# "Go Fish" —

CONTINUED FROM PAGE 1

ing to frying and sautéing. Always use monounsaturated fats such as olive oil, canola oil, or peanut oil if these cooking methods must be

used. Go for the fish more than just on Fridays. Be adventurous—try all sorts of fish and the different ways to prepare them. Let your imagination guide you. The popular rule of "5 a day" in reference to fruits and vegetables cannot be understated. By following this practice, we can be assured of the B vitamins and the antioxidants that support our brain integrity.

*We're  
Always at Your  
Service!*



## Our pharmacists are much more than prescriptions and medications!

You should know that there is much more to a pharmacist than preparing and selling prescriptions and medication. Our pharmacists are your partners in health. The focus is to provide you and your family with ways to improve your health.

Another vital service provided by our pharmacists is follow-ups with your medication. Our pharmacists can help you choose the most appropriate non-prescription drugs, their dosage and use. We also can assist you with the dosage and use of prescription drugs in partnership with your family doctor, for the best treatment possible.

## Questions About Your Insurance?

**We Are Always Here To Help With Answers.**

## We also provide:

- Free Delivery for residents within the city limits of Norwich, Sherburne and New Berlin only.
- 10% discount off prescription drugs if you're 50 years or older and have no insurance.
- Emergency Prescription Service
- We're proud to SERVICE you, our loyal customers in Norwich, New Berlin, Sherburne and surrounding areas for over 30 years.



## SERVICE PHARMACY

*We have 9 pharmacists and 65 dedicated employees totally committed to serving you. Locally owned and family operated.*

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607-334-2431  
HOURS: 9-8 Mon.-Fri.; 9-6 Sat.; 9-1 Sun.

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607-674-9691  
HOURS: 9-8 Mon.-Fri.; 9-6 Sat.; 9-1 Sun.

12 MAIN ST., NEW BERLIN, NY  
607-847-8100  
HOURS: 9-8 Mon.-Fri.; 9-6 Sat.; 9-1 Sun.



## Only You Can Prevent the Flu Clinics Coming to a Fire Station Near You!!!

The Chenango County Health Department and the Chenango County Area Agency on Aging are co-sponsoring Flu Clinics in various Firehouse locations throughout the County in October, for Chenango County residents only.

These Clinics are for people age 3 years old and up. (No children under age 3 Please)



### COST:

- For age 3-18 years—no charge
- For age 19 years and older without Medicare B—\$10 per person, payable at the time of vaccination. Cash or check made out to "Chenango County Area Agency on Aging"
- For age 19 years and older with Medicare B—no charge (must show your Medicare Card)

We cannot accept a Medicare Advantage Plan (such as Today's Options) as payment.

### DATE/ TIME/ LOCATION

Thursday, October 3, 4-6 pm at the South Otselic Firehouse  
Saturday, October 5, 10-12 pm at the Bainbridge Firehouse  
Monday, October 7, 4-6 pm at the South New Berlin Firehouse  
Thursday, October 10, 6-8 pm at the Norwich Firehouse  
Thursday, October 24, 5-7 pm at the Oxford Firehouse  
Monday, October 28, 4-6 pm at the Sherburne Firehouse

**For more information or questions and to register for the Clinic that you wish to attend, please call 337-1660.**

## BEAUTIFUL FALL

*Jennie Riegel, Sue Jones, Fay Weaver, Gladys Wiggins, Mary Konitsky, Tess Bowers, Holy Family Adult Daycare, Orwigsburg, PA*

The brilliant colors of the leaves

Orange, yellow, green, and brown.

The scent of the wild fox grapes

We love to pick them.

Stacks of pumpkins and squash lined in rows

A cornfield grown high, guarded by a scarecrow.

The air is fresh and crisp

Dew sprinkles the early dawn.

Put away the shorts and tanks

Get out the sweaters and sweats.

Summer is over, swimming is done

Time for studying, school and fun.

Football and band practice are starting again

Track and cheerleaders also join in.

Pumpkin carving, pie baking, there's always a lot to do

Apple cider, apple dumplings, we love to eat them, too.

Hay rides, bogging for apples, songs by the campfire

There are so many things to do in the fall.

It's not all fun though; firewood needs to be chopped

Leaves must be raked and chores to be done.

Collecting chestnuts and walnuts for fall baking is fun

Walking through the crunchy leaves is nice.

The nights are getting colder, the days shorter

Curl up at night with an afghan and a hot cup of tea.

The planting of flower bulbs before the harsh winter

And a good night's sleep under the covers.

The festive holidays will be here

Before we know it.

## Chenango County Area Agency on the Aging Services

**Call the agency at 337-1770 for information and assistance.**

- Health Insurance Information, Counseling and Assistance Program (HIICAP)
- Bullthistle Bulletin Senior Newspaper
- Caregiver/Respite Services
- Elderly Pharmaceutical Insurance Coverage (EPIC)
- Food Stamp and Medicaid application assistance for the homebound
- Health Education & Wellness Programs
- Home Energy Assistance Program (HEAP)
- Home Delivered Meals
- Housekeeper/Chore Worker
- Income Tax Assistance (Schedule appointments with AARP during season)
- Legal Assistance
- Long Term Care Ombudsman Program
- Meals, games and other activities at all Senior Centers
- Nutrition Counseling
- Personal Care Services (EISEP)
- Personal Emergency Response System (LIFELINE)
- Real Property Tax Credit and Exemption Services (IT-214)
- School Tax Relief (STAR)
- Speakers on Aging Issues
- Volunteer Opportunities
- Weatherization/Energy Program (WRAP)



**E**ric Hausman, contracted consultant with National Government Services for the NYS Office for Aging, recently presented a comprehensive overview of the Medicare program including Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage/Medicare Health Plans, and Part D prescription drug coverage.

## Chenango County Area Agency on the Aging

**5 Court Street, Norwich NY 13815 (607) 337-1770**

LAWRENCE WILCOX  
Chairman  
Board of Supervisors

DEBRA SANDERSON  
Director  
(607) 337-1770

BRIAN WESSELS  
Coordinator  
Services for the Aging  
(607) 337-1770

HENRY J. DREXLER, ESQ.  
Director of Legal Services  
(607) 337-1770

TRUDY HARRIS-IRONS  
Coordinator  
Nutrition Services  
(607) 337-1770

EDITH REVOIR  
Coordinator  
Aging Services, Ombudsman Program  
(607) 337-1770

### OUTREACH STAFF

GARY BROOKINS  
Columbus, Earlville, New Berlin, Norwich  
(Southwest of City), Sherburne

JANE MUSERILLI  
Lincklaen, Norwich (Northwest of City),  
Otselic, Pharsalia, Pitcher, Plymouth, Smyrna

SANDRA LONG  
German, McDonough, Norwich (Southeast of  
City), Oxford, Preston, Smithville

NICOLE ROSS  
Afton, Coventry, Greene, Town of Norwich

LINDA GUINN  
Bainbridge, Guilford, North Norwich,  
Norwich (Northeast of City)

### SENIOR CENTER MANAGERS

Coventry  
PATRICIA DEMPSEY  
(607) 656-8602 (T-TH)

Greene  
PATRICIA DEMPSEY  
(607) 656-4789 (M-W-F)

McDonough  
DONNA ROBB  
(607) 337-1770  
(2 Evenings Per Month)

New Berlin  
GLADYS HIGHT  
(607)847-6350 (T-TH)

Norwich  
JOHN DAVIS  
(607) 334-2910 (M-F)

Sherburne  
EVA NEAL  
(607)674-4600 (M-W-F)

South Otselic  
BONNIE HILL  
(607) 337-1770  
(2 Evenings Per Month)

The Bullthistle Bulletin is a bi-monthly publication of the Chenango County Area Agency on Aging funded by Chenango County government and the NYS Office for Aging under Title III of the Federal Older Americans Act.

# MENU

## September 2013

**MONDAY**
**TUESDAY**
**WEDNESDAY**
**THURSDAY**
**FRIDAY**
**SATURDAY**
**SUNDAY**

Menus  
Subject  
to  
Change  
Without  
Notice

**Suggested Contribution per Meal**

Home Delivered \$3.00  
 Congregate (Lunch) \$3.00  
 Breakfast \$2.00  
 Congregate (Evening) \$3.50  
 Any contribution you wish to make is voluntary and will be used to support the program. Anyone who does not contribute will not be denied a service. For your convenience, we will be providing self-addressed, postage-paid envelopes each month for the home delivery program participants.

**1**

 HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

**2**

 Pot Luck Meal,  
Labor Day!

**3**

 Chili Con Carne  
Veggie Blend  
Cornbread  
Pear Blush (N)

**4**

 Chicken Parmesan  
Side of Pasta  
w/Sauce  
Spinach  
Italian Bread  
Strawberry  
Shortcake  
w/Topping (N)

**5**

 Baked Ham  
Scalloped Potatoes  
Glazed Carrots  
Dinner Roll  
Blueberry Pie  
w/Topping  
Blueberry Crisp  
w/Topping (N)

**6**

 Macaroni & Cheese  
Stewed Tomatoes  
Sweet Peas  
Whole Wheat  
Bread  
Chocolate Chip  
Cookie (N)

**7**

 HOME DELIVERED  
MEALS ONLY  
  
Pot Luck Meal

**8**

 HOME DELIVERED  
MEALS ONLY  
  
Pot Luck Meal

**9**

 Baked Fish  
Florentine  
w/Tartar Sauce  
Rice Pilaf  
Veggie Blend  
Oatmeal Bread  
Chocolate Pudding  
w/Topping (N)

**10**

 Chicken a'la King  
Over Egg Noodles  
Stewed Tomatoes  
Rye Bread  
(Seedless)  
Apple Pie (N)

**11**

 Roast Beef  
w/Gravy  
Mashed Potatoes  
Parsley Baby  
Carrots  
Whole Wheat  
Bread  
Pineapple Tidbits

**12**

 BBQ Pork on a Bun  
Coleslaw  
Applesauce  
Veggie Blend (HDM  
Only)  
Peanut Butter  
Cookie (N)

**13**

 Stuffed Shells  
w/Sauce & Parm  
Cheese  
Veggie Blend  
Tossed Salad  
Italian Bread  
Ice Cream (N)  
Cookie (HDM Only)

**14**

 HOME DELIVERED  
MEALS ONLY  
  
Pot Luck Meal

**15**

 HOME DELIVERED  
MEALS ONLY  
  
Pot Luck Meal

**16**

 Spaghetti  
w/Meatballs &  
Sauce  
Green Beans  
Dinner Roll  
Mixed Fruit Cup

**17**

 BBQ Chicken Leg  
Oven Roasted  
Potatoes  
Southwestern  
Blend  
Whole Wheat  
Bread  
Apricots  
Birthday Cake (N)

**18**

 Beef Stew over  
Biscuit  
Broccoli &  
Cauliflower  
Strawberry  
Applesauce  
Veggie Blend (HDM  
Only)  
Birthday Cake (N)

**19**

 Vegetable Lasagna  
Stewed Tomatoes  
Veggie Blend (HDM  
Only)  
Italian Bread  
Berries N Cream  
(N)

**20**

 Roast Pork  
w/Gravy  
Mashed Sweet  
Potatoes  
Spinach  
Dinner Roll  
Pineapple Upside  
Down Cake  
w/Topping (N)

**21**

 HOME DELIVERED  
MEALS ONLY  
  
Pot Luck Meal

**22**

 HOME DELIVERED  
MEALS ONLY  
  
Pot Luck Meal

**23**

 Turkey Divan  
Egg Noodles  
Carrot Coins  
Whole Wheat  
Bread  
Pear Blush (N)

**24**

 Sloppy Joe on a  
Bun  
Coleslaw  
Tater Tots  
Veggie Blend (HDM  
Only)  
Mandarin Oranges

**25**

 Chicken Spiedies  
Mashed Potatoes  
Broccoli  
Italian Bread  
Vanilla Pudding  
w/Topping (N)

**26**

 Creamed Chipped  
Beef  
Mashed Potatoes  
Peas and Carrots  
Multigrain Bread  
Blueberry Crumble  
Cake (N)  
FRIDAY, SEPTEMBER 27

**27**

 Meat Lasagna  
Veggie Blend  
Tossed Salad  
Warmed Garlic  
Bread  
Peanut Butter  
Cookie (N)

**28**

 HOME DELIVERED  
MEALS ONLY  
  
Pot Luck Meal

**29**

 HOME DELIVERED  
MEALS ONLY  
  
Pot Luck Meal

## EVENING DINING MENU

**Thursday, September 5**

McDonough ONLY  
 Baked Ham  
 Scalloped Potatoes  
 Glazed Carrots  
 Blueberry Pie w/ Topping  
 Blueberry Crisp w/Topping (N)

**Thursday,  
September 19**

McDonough ONLY  
 Vegetable Lasagna  
 Stewed Tomatoes  
 Italian Bread  
 Berries & Cream (Also N)

**Friday,  
September 20**

South Otselic ONLY  
 Roast Pork w/Gravy  
 Mashed Sweet Potatoes  
 Spinach  
 Pineapple Upside-Down  
 Cake  
 w/Topping (Also for N)

(N) Indicates  
No Concentrated  
Sweets/  
Diabetic

# MENU

October 2013

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Home Delivered Meals will be "pot luck" frozen meals for Holidays and week-ends, delivered at an earlier week day date. There is NO meal delivery on Holidays or on week-ends. Senior Centers are CLOSED on Holidays and weekends as well.

**1**  
Kielbasa and Saurkraut  
German Potato Salad  
Sliced Carrots  
Multigrain Bread  
Pineapple Tidbits

**2**  
Hamburger on a Bun  
w/Lettuce and Tomato  
Marinated Veggie Salad  
Veggie Blend (HDM Only)  
Fruited Gelatin (N)

**3**  
Hot Open Faced Turkey Sandwich w/Gravy  
Butternut Squash Veggie Blend (HDM Only)  
Whole Wheat Bread  
Cranberry Crunch w/Topping (N)

**4**  
Stuffed Cabbage Roll w/Sauce  
Cauliflower Veggie Blend  
Rye Bread (Seedless)  
Chocolate Mousse (N)

**5**  
HOME DELIVERED MEALS ONLY  
Pot Luck Meal

**6**  
HOME DELIVERED MEALS ONLY  
Pot Luck Meal

**7**  
Meatball  
Parmesan Sub  
Tossed Salad  
Veggie Blend  
Oatmeal Raisin Cookie (N)

**8**  
Pork Loaf w/Gravy  
Oven Roasted Potatoes  
Creamed Corn  
Whole Wheat Bread  
Peaches

**9**  
Chicken Riggies  
Tossed Salad  
Brussels Sprouts  
Veggie Blend (HDM Only)  
Oatmeal Bread  
Apricots

**10**  
Meatloaf w/Gravy  
Red Skinned Mashed Potatoes  
Zucchini & Yellow Squash  
Multigrain Bread  
Bread Pudding w/Raisins (N)

**11**  
Breaded Lemon Pepper Fish  
w/Tartar Sauce  
Rice Pilaf  
Coleslaw  
Veggie Blend (HDM Only)  
Rye Bread (Seedless)  
Mixed Fruit

**12**  
HOME DELIVERED MEALS ONLY  
Pot Luck Meal

**13**  
HOME DELIVERED MEALS ONLY  
Pot Luck Meal

**14**  
Pot Luck Meal/Columbus Day

**15**  
Chili Con Carne  
Veggie Blend  
Cornbread  
Pear Blush  
Birthday Cake (N)

**16**  
Chicken Parmesan w/Side of Pasta & Sauce  
Spinach  
Whole Wheat Bread  
Fruit  
Birthday Cake (N)

**17**  
Baked Ham  
Scalloped Potatoes  
Glazed Carrots  
Dinner Roll  
Blueberry Pie w/Topping  
Blueberry Crisp w/Topping (N)

**18**  
Macaroni & Cheese  
Stewed Tomatoes  
Sweet Peas  
Rye Bread (Seedless)  
Chocolate Chip Cookie (N)

**19**  
HOME DELIVERED MEALS ONLY  
Pot Luck Meal

**20**  
HOME DELIVERED MEALS ONLY  
Pot Luck Meal

**21**  
Baked Fish  
Florentine  
Rice Pilaf  
Veggie Blend  
Whole Wheat Bread  
Chocolate Pudding w/Topping (N)

**22**  
Chicken a' la King  
Egg Noodles  
Stewed Tomatoes  
Rye Bread (Seedless)  
Apple Pie (N)

**23**  
BBQ Pork on a Bun  
Veggie Blend  
Applesauce  
Oatmeal Bread  
Peanut Butter Cookie (N)

**24**  
Roast Beef & Gravy  
Mashed Potatoes  
Parsley Baby Carrots  
Dinner Roll  
Strawberry Shortcake w/Topping (N)

**25**  
Stuffed Shells w/Sauce & Parm Cheese  
Tossed Salad  
Veggie Blend  
Warmed Garlic Bread  
Ice Cream

**26**  
HOME DELIVERED MEALS ONLY  
Pot Luck Meal

**27**  
HOME DELIVERED MEALS ONLY  
Pot Luck Meal

**28**  
Spaghetti w/Meatballs & Sauce  
Green Beans  
Italian Bread  
Mixed Fruit Cup

**29**  
BBQ Chicken Leg  
Oven Roasted Potatoes  
Southwestern Blend  
Croissant  
Apricots

**30**  
Beef Stew over Biscuit  
Broccoli & Cauliflower  
Veggie Blend (HDM Only)  
Strawberry Applesauce

**31**  
HAPPY HALLOWEEN!  
Vegetable Lasagna  
Stewed Tomatoes  
Veggie Blend (HDM Only)  
Warmed Garlic Bread  
Halloween Cookie (N)

**Suggested Contribution per Meal**  
Home Delivered \$3.00  
Congregate (Lunch) \$3.00  
Breakfast \$2.00  
Congregate (Evening) \$3.50  
Any contribution you wish to make is voluntary and will be used to support the program. Anyone who does not contribute will not be denied a service. For your convenience, we will be providing self-addressed, postage-paid envelopes each month for the home delivery program participants.

**(N) Indicates No Concentrated Sweets/Diabetic**

## EVENING DINING MENU

**Thursday, October 10**

McDonough Only  
Meatloaf w/Gravy  
Red Skinned Mashed Potatoes  
Zucchini & Yellow Squash  
Multigrain Bread  
Bread Pudding w/Raisins (N)

**Thursday, October 24**

Norwich and McDonough Only  
Roast Beef w/Gravy  
Mashed Potatoes  
Parsley Baby Carrots  
Dinner Roll  
Strawberry Shortcake w/Topping (N)

**Friday, October 25**

South Otselic Only  
Stuff Shells w/Sauce and Parm Cheese  
Tossed Salad  
Veggie Blend  
Warmed Garlic Bread  
Ice Cream (N)

Menus Subject to Change Without Notice

# EVENTS

## September-October 2013

### BRIGHTMAN SENIOR CENTER

Birdsall Street  
Greene  
Phone: 656-4789

#### SEPTEMBER

DAILY ACTIVITIES: Cards, Bingo and Puzzles

#### SPECIAL ACTIVITIES:

02 – Site Closed "Labor Day"  
04 – "Labor Day" Word Game  
06 – Celebrate Apples Month!  
09 – "School Supplies" Word Search  
11 – Celebrate Birthdays!  
16 – "Apple Expression," Match words, Dina Lawson RD "Fruit & Veggie Nutrition Facts"  
18 – Apple Trivia  
23 – Classical Music Week  
30 – "Comic Book" Word Search

#### OCTOBER

DAILY ACTIVITIES: Cards, Bingo and Puzzles

#### SPECIAL ACTIVITIES:

02 – "Elvis Presley Movies"  
Crossword Puzzle  
07 – Blood Pressure Clinic 10AM  
09 – Celebrate Birthdays!  
11 – Columbus Day Celebration  
14 – Office/Site Closed Columbus Day!  
16 – Fire Drill Evacuation  
21 – National Color Day!  
Dress Colorful!  
31 – Halloween/Costume Contest

### THE WELCOME CENTER

Grace Manor Center  
Knapp Street, Sherburne  
Phone: 674-4600

#### SEPTEMBER

DAILY ACTIVITIES: Cards and Puzzles

#### SPECIAL ACTIVITIES:

02 – Closed for Labor Day  
11 – Celebrate Birthdays!

#### OCTOBER

DAILY ACTIVITIES: Cards and Puzzles

#### SPECIAL ACTIVITIES:

07 – Dina Lawson, RD  
"Guide to Fats"  
14 – Office Closed Columbus Day!

The Bullthistle Bulletin  
is online:  
[www.co.chenango.ny.us](http://www.co.chenango.ny.us)

### WINTER WEATHER CLOSINGS

It's that time of year when the MEAL PROGRAM may be closed due to the weather. Please listen to the Norwich radio station WKXZ FM 94 /WCHN AM 970 The closing will be announced as "The Area Agency on Aging Nutrition Program" This includes Senior Centers and all Home Delivery. You may also call the Area Agency on Aging at 337-1770 after 8:30 AM if there is a question regarding closures.



### UNADILLA VALLEY SENIOR CENTER

First United Methodist Church  
New Berlin  
Phone: 847-6350

#### SEPTEMBER

DAILY ACTIVITIES: Cards (Pitch & Golf) and Puzzles

#### SPECIAL ACTIVITIES:

10 Celebrate Birthdays!

#### OCTOBER

DAILY ACTIVITIES: Cards (Pitch & Golf) Puzzles

#### SPECIAL ACTIVITIES:

08 – Celebrate Birthdays!  
10 – Dina Lawson, RD  
"Guide to Fats"  
31 – Halloween

### WINDY HILL SENIOR CENTER

Coventry Town Hall  
Route 235, Coventry  
Phone: 656-8602

#### SEPTEMBER

Daily Activities: Bingo and Puzzles

DAILY ACTIVITIES: Bingo and Puzzles

#### SPECIAL ACTIVITIES:

03 – "Labor Day" Word Game  
05 – Celebrate Apples Month!  
10 – Celebrate Birthdays! "School Supplies"  
17 – "Apple Expressions" match Words  
19 – Apple Trivia  
24 – Classical Music Week and Dina Lawson, RD "Fruit & Veggie Nutrition Facts"  
26 – "Comic Books" Word Search

#### OCTOBER

DAILY ACTIVITIES: Bingo and Puzzles

#### SPECIAL ACTIVITIES:

03 – "Elvis Presley Movies"  
Crossword puzzle  
08 – Celebrate Birthdays!  
10 – Columbus Day Celebration  
17 – Fire Drill Evacuation  
22 – National Color Day  
Dress Colorful!  
31 – Halloween/Costume Contest

### GENEGANSLET ACTIVITY CENTER

West Street Methodist Church  
McDonough  
Phone: 647-5666

#### SEPTEMBER

05 – Evening Dine

19 – Evening Dine

#### OCTOBER

10 – Evening Dine and Dina Lawson, RD  
"Guide to Fats"

24 – Evening Dine

### PLUM VALLEY FOREVER YOUNG CENTER

Methodist Church  
Church Hill Road, South Otselic  
Phone: 337-1770

#### SEPTEMBER

20 – Evening Dine

#### OCTOBER

25 – Evening Dine and Dina Lawson, RD "Fruit and Veggie"

### WESTSIDE PARK SENIOR CENTER

First Baptist Church  
West Park Place, Norwich  
Phone: 334-2910

#### SEPTEMBER

DAILY ACTIVITY: Cards (Tues/Fri), Puzzles, Crossword Puzzles, Word Searches, Trivia Plus and Bingo on Thursday

#### SPECIAL ACTIVITIES:

02 – Closed for Labor Day  
04 – Salad Bar  
11 – Celebrate Birthdays!  
18 – Salad Bar  
25 – National Comic Book Day! Bring in a Comic Book to Show!  
30 – Dina Lawson, RD Visit "Guide to Fats"

#### OCTOBER

DAILY ACTIVITIES: Cards (Tues/Fri), Puzzles, Crossword Puzzles, Word Searches, Trivia Plus and Bingo on Thursday

#### SPECIAL ACTIVITIES:

02 – Salad Bar  
09 – Celebrate Birthdays!  
14 – Office Closed Columbus Day!  
16 – Salad Bar  
22 – National Color Day!  
Wear Your Favorite Color!  
14 – Evening Dine at Norwich Site  
31 – Halloween Party  
Wear a Costume

# Why Nutrition Matters For You

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Good nutrition is important throughout your life!

It can help you feel your best and stay strong. Good nutrition can help reduce the risk of some diseases that are common among older adults. And, if you already have certain health issues, good nutrition can help you manage the symptoms.

Eating healthy can sometimes seem complicated. But the good news is that the Food and Drug Administration has a simple tool to help you know what you're eating.

It's called the Nutrition Facts Label. You will find it on all packaged foods and beverages. It serves as your guide for making choices that can affect your long-term health.

**Good Nutrition Can Help You Avoid or Manage These Common Diseases:**

- Certain cancers
- Type 2 diabetes
- Heart disease
- High blood pressure
- Obesity
- Osteoporosis

The Basics of the Nutrition Facts Panel

The following is a quick guide to reading the Nutrition Facts Panel.

**Start with the Serving Size**

Look here for both the serving size (the amount for one serving) and the number of servings in the package.

Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

**Check Out the Total Calories and Fat**

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight.

**Let the Percent Daily Values Be Your Guide**

Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan:

Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.

Percent DV are for the entire day, not just one meal or snack

You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 percent DV.

**The High and Low of Daily Values**

5 percent or less is low. Aim low in total fat, saturated fat, Trans fat, cholesterol and sodium.

20 percent or more is high. Aim high in vitamins, minerals and fiber.

Limit Fat, Cholesterol and Sodium

Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer.

Total fat includes saturated, polyunsaturated, monounsaturated and Trans fat. Limit to 100 percent DV or less per day.

Saturated fat and Trans fat are linked to an increased risk of heart disease.

High levels of sodium can add up to high blood pressure.

Remember to aim for low percentage DV of these nutrients.

Get Enough Vitamins, Minerals and Fiber

Eat more fiber, vita-

mins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.

Choose more fruits and vegetables to get more of these nutrients.

Remember to aim high for percentage DV of these nutrients.

**Additional Nutrients**

You know about fat and calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

**Protein**

Most Americans eat more protein than they need, so a percentage Daily Value is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

**Carbohydrates**

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

**Sugars**

Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish or limit added sugars or people who prefer vegetarian eating.

If you have questions about reading the nutrition facts labels, call the Chenango County Area Agency on Aging at 607-337-1770.

## BRIEFS

### Attention All Florida Snow Birds

New Yorkers in Florida will be holding their annual get together Friday, March 7, 2014, at Homers Buffet and Party complex in Sebring, FL. It will be from 11:00 – 2:00 PM. For information and questions please call 585-746-7183.

### RSVP Upcoming Trips!

Mark your calendars!

**September 9, Turning Stone Casino, Verona, NY.** This trip includes a \$5.00 off lunch coupon and \$25.00 gaming or \$20.00 bingo coupon. Pickups: Greene 7:15am, Oxford, 7:40am, Norwich 8:00am and Sherburne 8:20am. Depart for home at 4:30pm. Package Price \$30.00. Deadline: September 3rd

**October 8, Covered Wagon Tour of the PA Grand Canyon, Tioga, PA.** Take a trip through the beautiful Pennsylvania fall foliage on a covered wagon. Spend a leisurely fall afternoon touring the Grand Canyons of Pennsylvania. Afterwards we will enjoy a plated luncheon at the Penn-Well's Hotel, a traditional landmark in Wellsboro, PA. Pickups are Sherburne 7:50am, Norwich 8:10am, and Greene 8:55am. Depart for home at 4:00pm. Package Price \$82.00. Deadline: September 30.

### September 8th is National Grandparents Day!

Here is the history behind this day.

Back in 1970, Marian McQuade, a West Virginia housewife, came up with the idea of a day set aside to encourage families to visit their elderly relatives. With a firm resolve to make it happen, she began lobbying policymakers. McQuade got through to her Senators, Jennings Randolph and Robert Byrd, who introduced a resolution to make Grandparents Day a national holiday. It took a while to reach the White House, but finally, in 1978, the resolution declaring National Grandparents Day as the first Sunday after Labor Day, was signed into law by President Jimmy Carter.

### September is Back-To-School Month

Here Are Some Back-To-School Jokes

Why was the science book so sad?

**Because it had too many problems**

Why couldn't the music teacher open his classroom?

**Because his keys were on the piano**

What did the ghost teacher say to her class?

**"Look at the board, and I'll go through it again."**

What is a math teacher's favorite dessert?

**Pi**

### THE 2013 – 2014 HEAP PROGRAM

The Home Energy Assistance Program, more commonly known as HEAP, opens this year on November 18th. Households eligible for HEAP receive a grant, sent directly to the heating fuel vendor, to be used as a credit against future bills.

To be eligible for HEAP, you must either be responsible for a heating bill or you must live in a non-subsidized apartment that includes heat in the rent. In addition, your monthly household income (after Medicare premiums have been deducted) must be at or below the following levels:

1-person household \$2,175; 3-person household \$3,513; 5-person household \$4,852; 2-person household \$2,874; 4-person household \$4,182; 6-person household \$5,521

When applying for HEAP you will need to bring the following items: proof of income for all household members, a valid social security card for each household member, proof of residence (utility bill), proof of identity (driver's license, birth certificate) and a fuel and/or utility bill if you pay for heat or proof that you pay rent which includes heat.

If you had HEAP last year you will receive in the mail a recertification application. Please verify the information and mail in or drop off with copies of all the appropriate proof.

If you currently receive SNAP (food stamps), you should check with your case worker to ensure that you are automatically enrolled in HEAP.

People under 60 may apply for HEAP through Opportunities for Chenango (OFC) 607-334-7114.

For general information on the program, those age 60+ should call Chenango County Area Agency on Aging at 607-337-1770.

### Part D LIS/LEP Amounts

The low-income premium subsidy amount for New York State in 2014 will be \$37.23. People with Medicare receiving the Full Low Income Subsidy (Extra Help) next year, including those with both Medicare and Medicaid and/or a Medicare Savings Program, will receive this amount toward a Basic Part D plan premium. Any Basic Part D plan with a premium at or below \$37.23 in 2014 will be a benchmark plan, and available for zero premium for those with Full Extra Help.

Also announced for 2014 was the Part D base beneficiary premium, \$32.42. This is the amount that the Part D late enrollment penalty (LEP) is based on.

People with Medicare without creditable drug coverage who do not receive Extra Help and who do not sign up for Part D when first eligible but choose to sign up later are subject to a late enrollment penalty (LEP). The penalty is calculated as 1% of the base premium times the number of full months delayed. To determine the penalty, count from the later of the month following the end of the beneficiary's Initial Enrollment Period for Part D or back to June 2006 for those eligible for Medicare prior to that date.

The maximum late enrollment penalty for 2014 is estimated to be \$29.50 per month (\$32.42 X 1% X 91 months (June 2006 – December 2013) rounded to the nearest 10 cents).

## The Fraud Corner

### Medicare Advantage Fraud

Scam: A fraudulent physician may increase the number of diagnoses on a beneficiary's medical chart. These inflated diagnoses are then submitted to the Medicare Advantage plan, which pays a higher monthly fee to the physician (capitated payment) because the patient appears sicker on paper.

Tip: Make sure your diagnoses in your records are accurate. Question a sudden rise in the number or severity of diagnoses that are in your medical records.

Scam: A sales representative talks to a beneficiary about a Medicare Advantage plan. The beneficiary may give some information such as name, address and her Medicare card. Without realizing it, the fraudulent sales representative then signs up the beneficiary for the plan without her knowledge or consent.

Tip: Feel free to talk to representatives about the Medicare Advantage plans they have to offer. However, during the talk with the sales representative, make sure you do not give any personal information. She absolutely does not need this in order to tell you about the plan.

Remember - the toll-free number to report allegations of Medicare fraud and abuse is 1-877-678-4697.



# Get Hooked on Health



For Adults 60 & Older  
**GET YOUR FLU SHOT!**  
 Seasonal Flu and  
 Pneumonia Shots  
**WHEN?**  
 October 1, 2013  
 9:00 am to 11:30 am  
**WHERE?**  
 Norwich YMCA  
 Community Room  
 Please NO Early Birds!!



Snacks!  
 Displays!  
 Health Information!  
 Giveaways!

Please bring your old and unused  
 prescription medication for proper  
 disposal (Please NO liquid medications  
 and NO over-the-counter products)

With Generous  
 Support From The  
 Norwich Family YMCA  
 & The Pennysaver



**Vaccines are Covered By:**

- Medicare Part B—No Charge (must show your Medicare card)
- Age 60+ without Medicare—\$ 10 per person
- Pneumonia (65+)—No Charge
- Cash or Check payable to "Chenango County Area Agency on Aging"

We cannot accept a Medicare Advantage Plan (such as Today's Options) as payment.

Sponsored by The Chenango County Department of Public Health and Area Agency on Aging. For more information call 607-337-1660 or 607-337-1770

Before you commit to another company, You should know:  
**In Chenango County You have a local choice for a Personal Emergency Response System!**  
 The Chenango County Area Agency on Aging offers a Personal Emergency Response System through a partnership with Doyle Medical Monitoring.  
 For just \$30.00 a month...only a dollar a day, you can have the support and peace of mind through the simple push of a button.  
 No added fees for installation or service!  
 Our local Agency installs and maintains equipment with on-call personnel ready to help you 365 days a year. No waiting –installation can happen within a week of your request.  
 One of many programs offered through the Chenango County Area Agency on Aging. Please contact us today 607-337-1770

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  - Antipastos • Specialty Pizza • Legal Beverage
- ## Dinners

Choose from the Best Selection of Italian Dinners, cooked the old-fashioned way.



*A Taste of Italy...But in America*  
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